

Newborn Trauma and OCD & ADHD

Category Developmental Neurological and Personality Disorders

A friend asked the mbt artificial intelligence application about possible causal connections from the title and received the following answer from the continuation below - part one. The second part of this post is a friend's contribution from spiritual exercises with some YT videos that clearly show the consequences of early separation of an infant from its mother and other traumatic circumstances for a newborn. The third part contains some of Yoda's suggestions for possible solutions to unwanted subsequent developmental neurological and personality disorders.

Part 1

OCD AND ADHD

The fact that today there is an adult with obsessive-compulsive disorder (OCD) and attention deficit hyperactivity disorder (ADHD), combined with information about vacuum birth and early separation from the mother, can provide important insight into the formation of his vulnerability.

I explain the connections that science currently recognizes - taking into account that each individual is a unique interplay of genetic, neurological, and early environmental factors.



1. EARLY SEPARATION AND BRAIN DEVELOPMENT

The first weeks of life are a crucial period for the formation of brain connections, especially in the areas of:

Self-regulation of emotions

Impulse control

Sense of security and stability

If a child has been:

without constant proximity to the mother,

in an environment without compassionate, constant reassurance,

and may have experienced physical discomfort or pain,

a hypersensitive stress response (HPA axis hyperactivity) may develop, which is associated with a higher risk of:

anxiety disorders (including OCD),

attention deficit hyperactivity disorder (ADHD),

low frustration tolerance,

perfectionism, compulsive behaviors as ways of self-soothing.

2. LINK WITH OCD AND ADHD



ADHD:

The genetic basis is strong, but early experiences can influence the expression of symptoms.

ADHD often involves an unbalanced development of the brain's impulse-inhibiting centers, which is especially vulnerable if there was no reassuring closeness in early development.

Separation and stress in the neonatal period increase the risk of dysregulation of dopamine and noradrenaline, which play a key role in ADHD.



OCD:

OCD often arises from a combination of biological vulnerability and experiences that arouse the need for control.

A child who has been separated, without a strong protective relationship, may have developed a sense that the world is not safe → compulsive behavior and repetitive thoughts may serve as an (unconscious) form of seeking security today.

OCD is often a reaction to internal chaos, which may have begun very early.

3. DOES THE CONNECTION WITH THE MOTHER STILL HAVE AN INFLUENCE?

Yes – the relationship with the primary caregiver (usually the mother) remains a key factor throughout life. If the early relationship was not secure or was not fully established due to separation:

The adult may seek constant validation, control or reassurance, but a sense of disorder remains inside.

There is often unconscious anger, sadness or longing that is not processed – which can worsen the symptoms of OCD or ADHD.

4. WHAT CAN HELP (TODAY)?

Although early experiences are important, it is never too late to change the internal experience of oneself and the world. Effective approaches:



For OCD and ADHD together:

Cognitive-behavioral therapy (CBT), specifically with a focus on OCD (ERP – exposure and response prevention).

Therapy that involves the body (e.g. somatic experiential therapy) to process early experiences.

EMDR (if there is a suspicion that the experiences were traumatic).

Compassionate psychotherapy to process feelings of loss, loneliness, helplessness.

Mindfulness and self-regulation exercises – also very useful for ADHD.



Medications:

In certain cases, a combination of stimulants for ADHD and SSRIs for OCD may help, but this is of course the decision of the psychiatrist.

Part 2

SPIRITUAL EXERCISES: LET'S GO FOR THE LOST SONS AND DAUGHTERS

Miha Rutarčič

[A Two Year Old goes to Hospital \(Robertson Films\) \(youtube.com\)](#)

[Tronick's Still Face Experiment \(youtube.com\)](#)

[Dad Holding Space for His Daughter's Big Feelings \(youtube.com\)](#)

[Robert Waldinger: What makes a good life? Lessons from the longest study on happiness | TED Talk](#)

[Brené Brown on Empathy \(youtube.com\)](#)

[Brené Brown: Brene Brown: Moč ranljivosti | TED Talk](#)

[Relationship Matters | Dr. Gordon Neufeld | TEDxWestVancouverED \(youtube.com\)](#)

[Relationship Matters \(full DVD\) \(youtube.com\)](#)

Part 3

TREATING DEVELOPMENTAL NEUROLOGICAL AND PERSONALITY DISORDERS USING DR. GRABOVOI'S METHODS

8142543	OCD obsessive-compulsive disorder
498.611.01931	ADHD attention deficit hyperactivity disorder
591489.318.716	TRAUMA
51931741948	PAST TRAUMA
5857121918	ANXIETY
519514.319891	DEPRESSION

451948219.18 NEGATIVE BELIEFS
1888948 NEGATIVE THOUGHTS

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[Yoda](#)

In collaboration with a good friend who wished to remain anonymous.

The public release of this document is available on the [Yoda 4 New Age portal](#).